

## ABSTRACT OF THE DISCLOSURE

A method and system for intermittent female catheterization by a patient a patient's caregiver, or a health care provider are revealed. The  
5 system contains apparatus for at least one intermittent female catheterization and includes at least one female catheter, antibacterial soap, a lubricant, a mirror, step-by step instructions, and a container, where the above named items are positioned inside the container. The method includes self-care documentation for a medical professional to  
10 instruct a patient in the use of the system and to keep a record that the instruction of the patient was performed.